



### How to Get the Sleep That You Need

Whether you are looking to resolve a specific sleep problem, or you just want to feel more productive, mentally sharp, and emotionally balanced during the day, experiment with the following sleep tips to see which work best for you:

- **Rule out medical causes for your sleep problems.** A sleep disturbance may be a symptom of a physical or mental health issue, or it may be a side effect of certain medications.
- **Stick to a regular sleep schedule.** Support your biological clock by going to bed and getting up at the same time every day, including weekends.
- **Get regular exercise.** Aim for 30 minutes or more of activity on most days—but not too close to bedtime.
- **Manage your stress.** If the stress of balancing work, family, or school is keeping you awake at night, learning how to handle stress in a productive way can help you sleep better at night.
- **Improve your sleep environment.** Keep your bedroom cool, dark, and quiet.
- **Develop a relaxing bedtime routine.** Avoid screens, work, and stressful conversations late at night. Instead, wind down and calm your mind by taking a warm bath, reading by a dim light, or practicing a relaxation technique to prepare for sleep.
- **Postpone worrying.** If you wake during the night feeling anxious about something, make a brief note of it on paper, and postpone worrying about it until the next day when it will be easier to resolve.

Source: <https://www.helpguide.org/articles/sleep/sleep-needs-get-the-sleep-you-need.htm>.